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AP

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SECURITY VS. PRIVACY

The Supreme Court upholds strip searches performed in jails 3

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HANG ON...

(IT'S GOING TO BE A LONG RIDE)

Metro riders still have months to fume over the pace of the Dupont escalator project 13

RICKY CARIOTI/TWP

eo

eye openers

ELEVATOR PITCHES

'Trauma: Life in the E.R.'/ 'Road House' Mash-Up a Hit

Doctors at an upstate New York hospital have been able to reattach a bar employee's finger after it was bitten off by a man being removed from the tavern. Ernest Vannier was tossed out of The Daily Double in Glens Falls early Sunday morning. As he was being escorted out by bar employees, Vannier bit off one of the workers' pinky finger. He was charged with assault. (AP)

RUSTLIN' PATROL

"Scuse Me, Pardner, Step Away From That Thar Car'

New Mexico authorities have arrested three men found with a 220-pound calf in their car. The men are accused of cattle rustling. They were jailed on charges of suspicion of larceny of livestock, conspiracy, lack of a bill of sale and exporting livestock. A deputy pulled over their Honda Civic on Friday and saw the animal sharing the backseat with one of the alleged thieves. (AP)

AUCTIONS

A Must-Buy for Any John Krasinski Shrine!

Four green porceliain urinals that once occupied the men's restroom of a Manhattan restaurant are up for auction, along with other fixtures from the now-closed Matsuri. The restaurant paid about $1,000 per urinal. Matsuri said its diners included Mick Jagger, Karl Lagerfeld and John Krasinski. (AP)

The Big Picture

CARL JUSTE/THE MIAMI HERALD/AP

A MAN WITH A PORTRAIT OF TRAYVON MARTIN painted on his mohawk was one of thousands who gathered in downtown Miami on Sunday to demand justice for Martin. The rally came a day after thousands marched through Sanford, Fla., where Martin was shot and killed in February. (AP)

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Nation

High Court OKs Strip Searches

Justices: Security trumps privacy for jailhouse practice

Washington

Jailers may perform invasive strip searches on people arrested even for minor offenses, an ideologically divided Supreme Court ruled Monday, the conservative majority declaring that security trumps privacy in an often dangerous environment.

In a 5-4 decision, the court ruled against a New Jersey man who was strip searched in two county jails following his arrest on a warrant for an unpaid fine that he had, in reality, paid.

In this case, Albert Florence's nightmare began when the sport utility vehicle driven by his pregnant wife was pulled over for speeding. He was a passenger; his 4-year-old son was in the backseat.

Justice Anthony Kennedy said the circumstances of the arrest were of little importance. Instead, Kennedy said, Florence's entry into the general jail population gave guards the authorization to force him to strip naked and expose his mouth, nose, ears and genitals to a visual search in case he was hiding anything.

In a dissenting opinion joined by the court's liberals, Justice Stephen Breyer people like Florence "are often stopped and arrested unexpectedly. And they ... have had little opportunity to hide things in their body cavities."

The decision resolved a conflict among lower courts about how to balance security and privacy. Prior to the Sept. 11, 2001, terror attacks, lower courts generally prohibited routine strip searches for minor offenses. In recent years, however, courts have allowed jailers more discretion to maintain security, and the high court ruling ratified those decisions.

Susan Chana Lask, Florence's lawyer, said, "The 5-4 decision was as close as we could get ... with recent law for indefinite detention of citizens without trial that shaves away our constitutional rights every day." MARK SHERMAN (AP)

Fighting Words

"Courts must defer to the judgment of correctional officials unless the record contains substantial evidence showing their policies are an unnecessary or unjustified response to problems of jail security."

JUSTICE ANTHONY KENNEDY
IN HIS OPINION FOR STRIP SEARCHES

"[Strip searches improperly] subject those arrested for minor offenses to serious invasions of their personal privacy."

JUSTICE STEPHEN BREYER
IN HIS DISSENTING OPINION AGAINST STRIP SEARCHES

PERSONALITIES

Palin, the Co-Host

Nearly four years after they clashed in a memorable TV interview, Sarah Palin and Katie Couric face off again, this time in a morning-show battle royale. NBC's "Today" show is bringing Palin on board as a co-host — for one morning on Tuesday. On Monday's show, the "Today" crew checked in by phone with Palin. "What are you doing to prepare — are you reading some newspapers?" joked host Matt Lauer, alluding to an embarrassing moment from the Couric interview, when Palin couldn't name any newspapers she read. (AP)

7 Dead in University Shooting

At least 3 wounded after gunman opens fire at religious school

Oakland, Calif.

A gunman opened fire at a Christian university in California on Monday, killing at least seven people and wounding three more, before being captured hours later at a shopping center in a nearby city, authorities said.

The gunfire erupted around midmorning at Oikos University in Oakland, police said. Television footage showed heavily armed officers swarming the building in a large industrial park near the Oakland airport.

The footage also showed bloodied victims on stretchers being loaded into ambulances. Several bodies covered in sheets were laid out on a patch of grass at the school.

NOAH BERGER/AP

Oakland police cover bodies Monday near Oikos University in Oakland, Calif.

For at least an hour after the shooting began, police thought the shooter could still be on campus.

Officer Johnna Watson said the suspect is an Asian male in his 40s who was taken into custody at a shopping center in the neighboring city of Alameda. She would not confirm if he was a student.

Myung Soon Ma, the school's secretary, said she could not provide any details about what happened at the small private school, which serves the Korean community with courses including theology and Asian medicine. "I feel really sad, so I cannot talk right now," she said. TERRY COLLINS (AP)

In Brief

WASHINGTON

Obama, Calderon, Harper Vow to Increase Trade

President Obama, Mexican President Felipe Calderon and Canadian Prime Minister Stephen Harper on Monday vowed a new effort to boost North American trade — and cut needless regulation that stifles it — in a summit that aimed to shore up a fragile economic recovery. (AP)

AMARILLO, TEXAS

Lawyers: Hold JetBlue Captain Without Bond

Osbon

A JetBlue Airways captain charged with disrupting a Las Vegas-bound flight after he left the cockpit screaming should remain in federal custody without bond, prosecutors told a judge Monday. Clayton Osbon, 49, was not asked to enter a plea. A judge is expected to rule on the bond issue Thursday. (AP)

DES MOINES, IOWA

Iowa Governor Seeks Probe on 'Pink Slime'

Iowa Gov. Terry Branstad called Monday for a congressional investigation into how what he called "a smear campaign" against the meat product commonly called "pink slime" got started. South Dakota-based Beef Products Inc. announced last week that it would stop production at plants in Iowa, Kansas and Texas amid public outcry. (AP)

NEW YORK

1 World Trade Center Reaches 100 Floors

The new World Trade Center has reached a milestone: The skyscraper being built to replace the terror-wrecked twin towers is now 100 stories high — on its way to becoming New York's tallest building. Another four feet, and it will surpass the Empire State Building. That should happen within weeks, Steven Coleman of the Port Authority of New York and New Jersey said Monday. One World Trade Center is expected to be finished by next year. (AP)

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Nation

Romney Halfway There

GOP front-runner picks up 3 delegates, exactly half needed

Washington

Mitt Romney is halfway to clinching the Republican nomination for president.

The former Massachusetts governor inched up to 572 delegates on Monday — exactly half the 1,144 needed — after the Tennessee Republican Party finalized delegate totals from its March 6 primary. Results in several congressional districts were too close to call on election night, leaving three delegates unallocated.

Romney got all three delegates. He also picked up an endorsement from a New Hampshire delegate who had been awarded to former Utah governor Jon Huntsman. Huntsman dropped out in January and endorsed Romney.

Meanwhile ...

Newt Gingrich said Monday he's down but not out in the race for the Republican presidential nomination. On the eve of the Maryland primary, the former House speaker told more than 100 supporters at a Ford dealership he'll stay engaged to ensure that the GOP national convention produces a conservative platform. Gingrich said he'll support Mitt Romney if the former Massachusetts governor wins the nomination. But Gingrich said Romney hasn't won yet. (AP)

Romney and his chief rival, former Pennsylvania senator Rick Santorum, have been sparring over the delegate count for weeks. Romney's campaign says there is no way for Santorum to reach the number of delegates needed to clinch the nomination, portraying the race as all but over. Santorum's campaign says Romney's numbers are inflated, raising the prospect of a contested convention in August.

According to the Associated Press tally, Romney has more than twice as many delegates as Santorum. Santorum has 273 delegates, followed by former House speaker Newt Gingrich with 135 and Texas Rep. Ron Paul with 50.

Romney has won 54 percent of the primary and caucus delegates so far, putting him on pace to clinch the nomination in June. Romney could substantially add to his lead Tuesday, when 95 delegates will be at stake in three primaries, in Wisconsin, Maryland and Washington, D.C.

A total of 2,286 delegates are slated to attend the party's national convention in Tampa, Fla. — 2,169 will be selected through primaries, caucuses and state conventions, while 117 are members of the Republican National Committee.

STEPHEN OHLEMACHER (AP)

Obama Defends Health Overhaul

Washington

President Obama offered a firm defense of his health care law, saying Monday he remains confident that the law will be upheld by the U.S. Supreme Court and warning that "unelected" justices should not overturn the will of Congress.

"We are confident that this will be upheld because it should be upheld," Obama said Monday. "It's constitutional."

Obama's assessment came a week after the law pushed by his administration faced skepticism from conservative justices during three days of oral arguments, raising questions over whether the president's signature accomplishment will remain intact.

Backstory

Conservative Supreme Court justices raised questions about Congress' power to force people to buy health insurance, a key part of President Obama's health care law, suggesting problems for the insurance requirement and possibly the entire law. The White House has noted its benefits for seniors who pay less for prescription drugs. (AP)

"I'm confident that the Supreme Court will not take what would be an unprecedented, extraordinary step of overturning a law that was passed by a strong majority of a democratically elected Congress," Obama said. BEN FELLER (AP)

Hearsay

"Well, you know, I guess we better unzip him and let the real Mitt Romney out, because he is not!"

— **ANN ROMNEY,** DEFENDING HER HUSBAND'S SENSE OF HUMOR MONDAY DURING A RADIO INTERVIEW AFTER THE HOST SAID MITT COMES OFF TOO STIFF.

$10B **The buyout Coty Inc. offered** struggling direct cosmetics seller Avon Products Inc. on Monday. Avon rejected the offer by Coty, which bought out brands OPI nail polish and Philosophy Inc. in recent years. (AP)

Nation

FINDINGS

The Earliest Fire

Scientists said Monday they've uncovered firm evidence of the earliest campfires made by humans in South Africa's Wonderwerk Cave. A study in the Proceedings of the National Academy of Sciences says the discovery of ash and burnt bone suggests that the practice may have started a million years ago. (AP)

GSA Chief Resigns Over Spending

Washington

The chief of the General Services Administration is resigning and two of her top deputies have been fired amid reports of excessive spending during a training conference at a luxury hotel that featured a mindreader, a clown and a comedian.

GSA Administrator Martha Johnson submitted her resignation to the White House on Monday. Public Buildings Service chief Robert A. Peck and Johnson's top adviser, Stephen Leeds, were forced out Monday, White House officials said. Four GSA employees who organized the four-day conference have been placed on administrative leave pending further action.

The agency's inspector general is preparing to release a scathing report on the training conference, held at a luxury hotel outside Las Vegas in October 2010.

Organizers spent $835,000 on the event, which was attended by 300 employees. The expenses included $147,000 in airfare and lodging at the hotel for six planning trips by a team of organizers. Among the other expenses were $3,200 for a mind reader; $6,300 on commemorative coin set displayed in velvet boxes and $75,000 on a training exercise to build a bicycle.

White House Chief of Staff Jack Lew said in a statement that President Obama "was outraged by the excessive spending, questionable dealings with contractors, and disregard for taxpayer dollars." LISA REIN AND JOE DAVIDSON (THE WASHINGTON POST)

Next Steps

GSA Administrator Martha Johnson, who resigned after reports of excessive spending, will be replaced by Dan Tangherlini, an assistant secretary in the Treasury Department and former city administrator for the District of Columbia. GSA spokesman Greg Mecher said in a statement that the agency "is appalled" by the findings. (AP)

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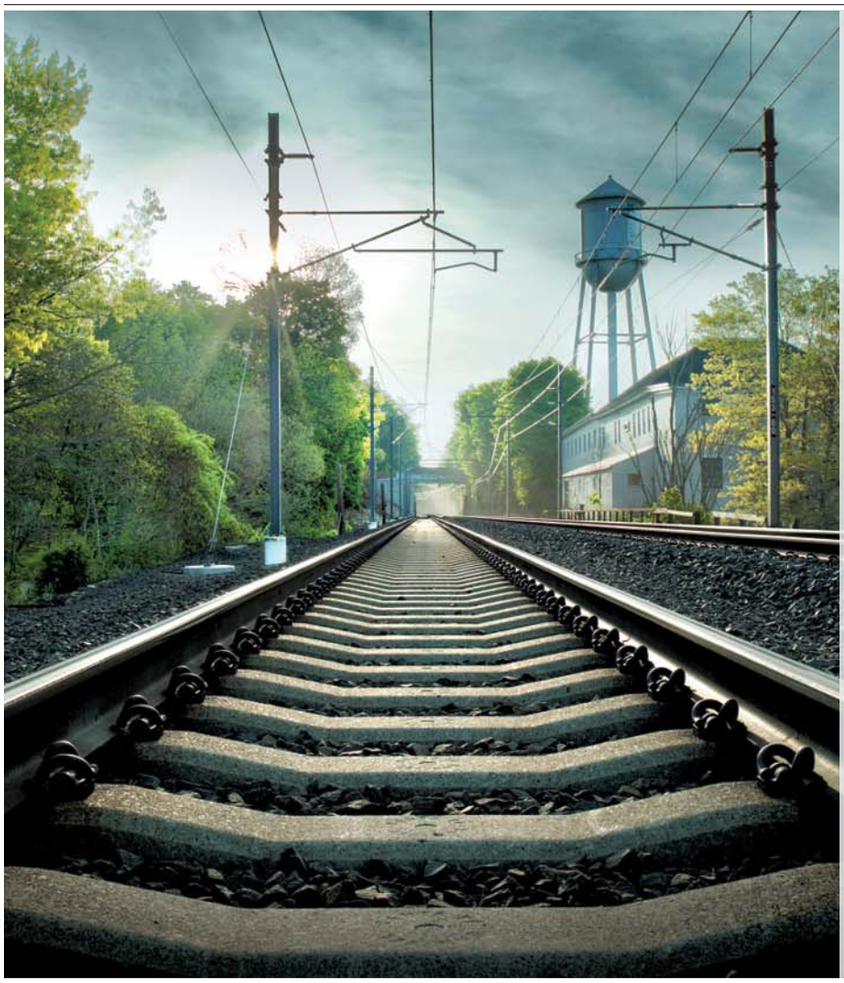

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World

In Brief

DARIO LOPEZ-MILLS/AP

Office workers don hard hats Monday in Mexico City after an earthquake.

MEXICO CITY

Aftershock Rattles Mexico, Officials Say

Mexico was shaken Monday afternoon by a strong apparent aftershock from a powerful earthquake late last month. Officials said there were no immediate reports of serious damage or injuries from the quake, which had an initial magnitude of 6.3. (AP)

ISLAMABAD

Court: Bin Laden Family Guilty of Illegal Stay

A Pakistani court sentenced Osama bin Laden's three widows and two of his daughters to 45 days in prison on Monday for illegally living in the country, ordering them deported when the sentence ends, their lawyer said. They have been in detention since a U.S. raid killed bin Laden on May 2. (AP)

Hearsay

"We didn't have a revolution to end up with a dictatorship of the one party."

— **AHMED SAID,** HEAD OF EGYPT'S LIBERAL FREE EGYPTIANS PARTY, VOICING CONCERNS OVER THE ISLAMIST MUSLIM BROTHERHOOD'S SURPRISE DECISION TO FIELD A PRESIDENTIAL CANDIDATE. THE BROTHERHOOD CONTROLS NEARLY 50 PERCENT OF PARLIAMENT AND DOMINATES THE CONSTITUENT ASSEMBLY THAT IS IN CHARGE OF WRITING EGYPT'S NEW CONSTITUTION.

Ailing Euro, Soaring Joblessness

Unemployment hits new high, renewing fears of recession

London

Unemployment in the 17 countries that use the euro hit its highest level since the currency was introduced back in 1999, official figures showed Monday, adding to fears that the region is in recession.

Eurostat, the European Union's statistics office, said unemployment in the eurozone rose to 10.8 percent in February, up from 10.7 percent the previous month.

The figures stand in marked contrast to the U.S. — with an unemployment rate of 8.3 percent — which has recorded solid increases in the number of people finding work in recent months.

The eighth straight month of rising unemployment will likely reinforce concerns that the eurozone is in recession just as many countries pursue austerity measures to get a handle on their debt.

Spain, whose government announced another raft of austerity measures last Friday, saw the eurozone's highest unemployment rate at 23.6 percent, with youth unemployment, those younger than 25, standing at 50.5 percent.

With unemployment rising at a time of austerity, consumers have been reluctant to spend. That's been holding back the eurozone economy despite signs of life elsewhere, notably in the U.S. and in emerging markets.

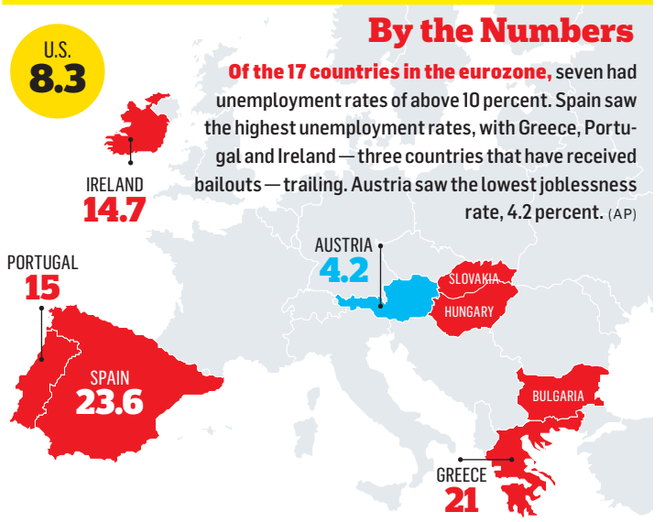
Jennifer McKeown, senior European economist at Capital Economics, warned that the situation is likely to get worse.

Figures earlier indicating a bigger-than-anticipated downturn in manufacturing only added to the gloom surrounding the eurozone economy.

Financial information company Markit said its purchasing managers index, a gauge of business activity, fell to a three-month low of 47.7 in March from the previous month's 49 — anything below 50 indicates a contraction. PAN PYLAS (AP)

By the Numbers

Of the 17 countries in the eurozone, seven had unemployment rates of above 10 percent. Spain saw the highest unemployment rates, with Greece, Portugal and Ireland — three countries that have received bailouts — trailing. Austria saw the lowest joblessness rate, 4.2 percent. (AP)



17.1M

The number of unemployed people in the 17-nation eurozone, an increase of almost 1.5 million from February 2011. (AP)

Plane Crash Kills 31 in Siberia

MARAT GUBAYDULLIN/AP

EMERGENCY CREWS SURVEY THE WRECKAGE of a plane crash Monday in a snowy Siberian field near Tyumen, Russia, that killed 31 people. Officials said the plane, which was carrying 43 people, appeared to have been improperly de-iced, state news agency RIA-Novosti reported. Russia has seen a string of deadly crashes in recent years, including a September crash in Yaroslavl that killed 44 people, among them an entire professional hockey team.

Annan: Syria Agrees to Stem Its Crackdown

United Nations

The Syrian government has agreed to immediately begin halting the use of heavy weapons in residential areas and to withdraw its forces from population centers by April 10, envoy Kofi Annan told the U.N. Security Council on Monday.

The latest Syrian commitment, made by Syrian Foreign Minister Walid al-Moualem in a letter to Annan on Sunday, came amid reports that regime forces continued to bombard targets in the city of Homs. Some diplomats voiced skepticism about Syria's pledge.

Annan, a former U.N. secretary general, briefed the council on his efforts to implement a six-point plan to end the violence in Syria. (THE WASHINGTON POST)

World

Hearsay

"We hope this will be the beginning of a new era."

— **AUNG SAN SUU KYI,** 66, SPEAKING IN A BRIEF VICTORY SPEECH ON MONDAY, ONE DAY AFTER THE BY-ELECTION IN MYANMAR IN WHICH HER NATIONAL LEAGUE FOR DEMOCRACY PARTY WON ALMOST ALL OF THE 44 PARLIAMENTARY SEATS IT CONTESTED.

In China, a Test That Could Inspire Road Rage

As country grows, getting a license to drive is no easy feat

Beijing

OK, answer quickly: If you have to jump out of an overturning vehicle, in which direction do you jump? And then once you hit the ground, what's the best way to roll?

These are not questions on, say, a stuntman application. These are from the written test to obtain a driver's license in China, and they offer a bizarre, rather frightening window into the world's most populous and car-craving country.

It's a test that assumes the motorist might encounter almost anything on China's increasingly clogged roads. To pass, a would-be driver needs to get at least 90 out of 100 questions correct.

China has bypassed the U.S. as the world's largest car market. China had 225 million motor vehicles and more than 235 million licensed drivers at the end of 2011, according to government data, and the test is often just the first step in taking to the road.

To purchase a new car in Beijing, for example, potential owners must enter a license plate lottery. The Global Times newspaper put the odds of getting a license plate at 1 in 47.9. KEITH B. RICHBURG (THE WASHINGTON POST)

Put Your Driving Knowledge to the Test

***Many in China fail** their driver's license test the first few times they take it. Here are some of the questions as they appear on the test:*

When a running vehicle suddenly falls into water, the driver should ___ to escape:

A. Immediately open the door and jump out of the vehicle

B. Open the door and swim out after the vehicle stabilizes in water

C. Use feet to smash the window and swim out after the vehicle stabilizes in water

D. Close the window and make telephone calls for help

When a vehicle rolls continuously to a deep ditch, the driver should swiftly hide his body to the lower space in front of his seat, hold ___ to stabilize his body so that his body will not roll and get hurt:

A. The pedal

B. The steering column

C. The steering wheel

D. The gear lever

The main feature of pedestrians participating in road traffic is:

A. They move slowly

B. They walk around at will and can easily change directions

C. They like to get together and look on

D. They are not stable

WashingtonPost.com» Could you pass the driver's license test in China? Test your know-how even further at http://wapo.st/H8N5QI.

ANSWERS: C, B, AND B

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World

Blackout Cripples Al-Qaeda Online

Experts: Outage hits main forums, stifling militant messages

Washington

Al-Qaeda's main Web forums have been offline for the past 11 days in what experts say is the longest sustained outage of the sites since they began eight years ago.

No one has claimed responsibility for disabling the sites, but the breadth and the duration of the outages have prompted some to conclude the forums have been taken down in a cyberattack — perhaps by a government, government-backed organization or hacking group.

The site Shumukh al-Islam, a main source for al-Qaeda messages, was the first to go down, on March 22, and four others have since gone dark. The administrator of a second-tier al-Qaeda site recently posted on a forum that "the media arena is witnessing a vicious attack by the cross and its helpers on the jihadi media castles."

U.S. officials said U.S. government agencies had no role in the outages. Skeptics note that prominent al-Qaeda forums remain up.

For years, U.S. intelligence officials have relied on al-Qaeda forums to gather insights into extremists. Some officials have argued against attempts to shut down the forums, saying they provide valuable intelligence.

Still, any cyberattack could temporarily stifle extremist activity, or just sow confusion among users.

Said a U.S. official: "It's a good thing whenever a terrorist website goes offline." (THE WASHINGTON POST)

Backstory

The last lengthy blackout of al-Qaeda Web forums took place in the summer of 2010, when British officials disrupted the launch of an online magazine. In that case, the most prominent al-Qaeda site at the time, al Fallujah Web forum, was dark for at least seven days, said Evan Kohlmann of Flashpoint Global Partners, which tracks the sites. The magazine appeared on the restored forum about two weeks later. (TWP)

The Price Isn't Right

Venezuela is trying to contain inflation by expanding government price controls to a list of new products including diapers, laundry detergent and bottled water. The government has for years set prices for various food items, and the new price controls that take effect starting this week will apply to 19 types of products. (AP)

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Whose fitness journeys will inspire you?

Find Out May 1st

Then, follow each challenger's progress every Tuesday in the Fit section of Express, where you'll also find expert tips and advice for living a stronger, healthier life.

express

*Total cash prize awarded to the grand prize winner is $5,000. Total cash prize awarded to the runner-up winner is $500. One 1 year membership will be awarded to each selected contestant. Limitations may apply. Membership cannot be redeemable for cash. No purchase necessary. Contest is sponsored by Gold's Gym International, Inc. & Express Publications, LLC. Contest is open only to legal residents of the District of Columbia, Maryland & Virginia who are 18 years of age or older at the time of entry. Void where prohibited by law. Entry period begins on 3/12/2012 at 12:01 am Eastern Time ("ET") & ends on 3/27/2012 at 11:59 am Eastern Time ("ET") ("Entry Period"). To enter for a chance to compete in the challenge, complete the form on the contest entry page at www.expressnightout.com/getfit or send a 3.5" x 5" postcard with the required information (including a recent photograph taken within the last 60 days) from the contest entry page to: 2012 Gold's Gym Challenge; Express Marketing Dept., 1150 15th Street, NW, 6th floor Main, Washington, DC 20071. Limit 1 entry per person. Contest participants will be chosen as explained in official rules. Contest is subject to Official Rules; for a copy of Official Rules, please call 202-334-6025.

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For Tourists, It's Metro 101

As visitors descend on D.C., these tips can keep things moving

Transit

Stand on the Right

This is probably the single most important rule, and it comes into play before you board a train. If you are on the escalator and aren't walking, stand on the right. If you are on the escalator and want to walk, stay to the left. Simple as that.

Fare

Before you enter the system, make sure you have enough fare for you (and everyone you're with) to get out of the system. The fare machines in each station have information on how much it costs to get from Point A to Point B and back. If you have any questions, just ask a station manager or a local you see filling up their card at the fare machines.

Farecards

The paper farecards say on them how much money they hold. When you are exiting a station, the paper farecard will pop back out with your fare deducted. If you have exactly the right amount of money left for your trip, the card won't pop back out when you leave the station. Also, if you hold them particularly close to a cellphone, or a magnet, or a human body, they could be faulty when you get to a station.

JOHN MCDONNELL/TWP

Red or white lights along the platform flash as trains approach the station.

Don't Crowd the Doors

Check the system maps before you hop on a train. Know how many stops you need to ride. And when you board a train, don't just stop at the doors. Try to move to the middle of the train.

Discounts for Children And Seniors

An adult paying full fare can bring up to two children (age 4 and younger) to ride the Metro for free. If the child is 5 or older, they pay the adult fare. Seniors (as well as people with disabilities or anyone with a Medicare card and photo ID) pay half of the regular fare.

No Food or Drink

This one's self-explanatory. If you see someone eating or drinking something, feel free to silently judge them. Congrats! You are an honorary Washingtonian.

MARK BERMAN (THE WASHINGTON POST)

If you see someone eating or drinking something, feel free to silently judge them. Congrats! You are an honorary Washingtonian.

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Local

Panic Buttons Set for D.C. Cabs

City taxi commission warns riders of recent attacks by drivers

Washington

Seven D.C. cab drivers have been arrested for allegedly assaulting passengers, prompting a plan to install panic buttons in every taxicab by year's end, a news report says.

"What we're seeing is an increase in [cab drivers] physically manhandling their fares," D.C. Taxicab Commission Chairman Ron Linton told ABC7.

"Striking them. Pulling them out of their cabs. One woman was pulled out by her ankles."

According to Linton, six of the seven victims who were punched or dragged from the vehicles in recent weeks have been women.

He added that all seven drivers involved in the attacks have been arrested.

The commission plans to install panic buttons in all D.C. cabs by December, among other service upgrades.

MICHAEL WILLIAMSON/TWP

The D.C. taxicab commission say panic buttons will be in all cabs by December.

The plan includes a fare increase as well as required upgrades including GPS units and a cash-free meter system that will allow riders to pay with credit and debit cards.

The improvements, which some cab drivers oppose for a variety of reasons, are part of a plan to turn the city's fleet of cabs into a "first-class system." MAGGIE FAZELI FARD (THE WASHINGTON POST)

Lottery Ticket Unclaimed in Md.

Milford Mill, Md.

Though the director of the Maryland Lottery says no one in the state has claimed a Mega Millions winning ticket, coworkers of McDonald's employee Mirlande Wilson are asking her to pay up her share of the $640 million prize.

The New York Post reported Monday that Wilson's coworkers are saying she purchased a winning ticket with pooled money.

"I don't know if I won. Some of the numbers were familiar," Wilson told the publication. "I bought some tickets separately."

Lottery officials say a winning ticket was sold at a 7-Eleven store in Milford Mill, Md.

The New York Post said Wilson planned to contact lottery officials on Monday.

NICHOLAS KAMM/AFP/GETTY IMAGES

A record $11.8 million was spent Friday on Maryland lotto tickets, officials say.

A record $11.8 million was spent on lottery tickets Friday in Maryland, beating the previous record of $5.8 million set for a single day in 2007, said Carole Everett, a Maryland Lottery spokeswoman.

Maryland is one of the few states that doesn't require lottery winners to be identified. Two other winning tickets were bought in Kansas and Illinois. (THE WASHINGTON POST)

Meanwhile ...

No one in Virginia may have won the Mega Millions jackpot, but lottery officials say the state's public schools were big winners. During the jackpot run that began after the Jan. 24 drawing and continued until Friday, sales of Mega Millions tickets in Virginia generated nearly $22 million in profit. By law, all of that profit goes to K-12 public schools in Virginia. Officials say that Va. retailers that sell lottery tickets earned more than $2.4 million in commissions. (AP)

Man Who Posed As NFL Player Gets 5 Years In Fraud Case

Washington

A D.C. man who posed as an NFL player to get money from women was sentenced to five years in prison, authorities said Monday.

Maurice Carter, 30, pleaded guilty to fraud and theft last month. He was sentenced Friday in D.C. Superior Court, according to the U.S. Attorney's office.

Carter got more than $31,000 in cash, hotel stays, meals and other things from three women in 2010 and 2011, according to authorities. Carter was ordered to pay $11,000 to the three victims. (THE WASHINGTON POST)

The Lotteries

Monday, April 2

Maryland

Mid-day Pick 3	6-4-5
Evening Pick 3 (Sun.)	9-0-7
Mid-day Pick 4	7-5-5-3
Evening Pick 4 (Sun.)	4-3-3-5
Match 5 (Sun.)	12-17-19-24-39 (8)

District

Mid-day Lucky Numbers	0-7-7
Evening Lucky Numbers (Sun.)	8-7-7
Mid-day DC 4	1-2-6-7
Evening DC 4 (Sun.)	9-7-3-4
Mid-day D.C. Five	1-2-2-3-1
Evening D.C. Five (Sun.)	7-2-3-8-2

Virginia

Mid-day Pick 3	7-2-5
Evening Pick 3 (Sun.)	0-1-2
Mid-day Pick 4	6-5-6-1
Evening Pick 4 (Sun.)	6-5-1-7
Mid-day Cash 5 (Sun.)	3-6-27-29-34
Evening Cash 5 (Sun.)	6-10-12-16-28

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.

DMV Goes Mobile: The Virginia Department of Motor Vehicles is going mobile. The state agency recently launched a mobile application that allows customers to access DMV services, locate the closest DMV office and their average wait times. Officials say the app gives users access to more than two dozen DMV transactions, including renewing decals and driver's licenses. Users also can design and purchase license plates. (AP)

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SATURDAY, APRIL 7 PEGI YOUNG W/ MEGAN MCCORMICK
MONDAY, APRIL 9 VAN DYKE PARKS
THURSDAY, APRIL 12 TOURE-RAICHEL COLLECTIVE
FRIDAY, APRIL 13 SHEMEKIA COPELAND
SATURDAY, APRIL 14 JAVON JACKSON & LES MCCANN: SWISS MOVEMENT REVISITED
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THURSDAY, APRIL 19 SISTER SPARROW & THE DIRTY BIRDS W/ CRIS JACOBS BAND
FRIDAY, APRIL 20 EMPRESSARIOS W/ ALMA TROPICALIA
SATURDAY, APRIL 21 CHAISE LOUNGE SLEEP IS OVERRATED CD RELEASE PARTY
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Dupont's Long Wait

Metro takes flak for its 8-month timeline to swap out 3 escalators

Washington

For Metro riders, sometimes the cure is as bad as the disease.

It's a problem they face every day at Dupont Circle station, where the south entrance will remain closed for more than eight months while contractors replace the unreliable escalators there.

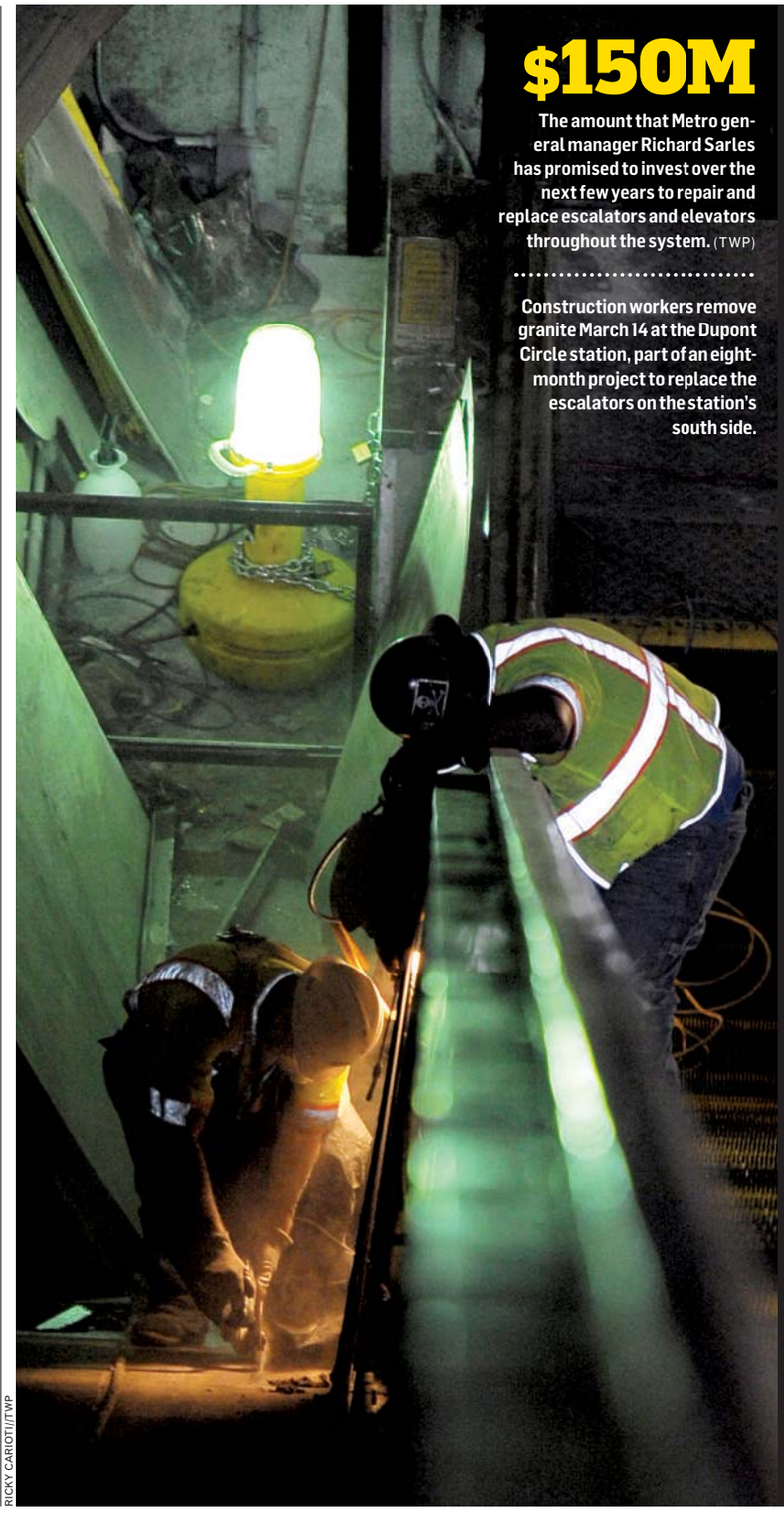
Switzerland-based Schindler is ripping out the old, custom-made units and installing new equipment. But some riders believe that the $12 million project, which began in February, isn't being done as efficiently as possible. Even some subway experts say the timetable seems excessive.

"Why does it take so long?" asked Alex Luther, who commutes daily from Friendship Heights to Dupont. "They're closing it down for 24 hours every day. It would seem like they could get the work done then."

Curious about the project, Benoit Aquin, who works as a mechanic and foreman for CNIM Canada, an elevator and escalator company in Montreal, dropped by the Dupont stop in early March and chatted with workers from Metro and Schindler.

"It's unbelievable to take eight months to remove three escalators and replace those" at Dupont, he said. "God, so complicated."

Aquin oversaw a project last year to replace 125 escalators on the subway system in Montreal. It took between seven to 12 weeks to remove each escalator and install new units, according to Aquin and his supervisor Susan Coburn. One was almost as long as those at Dupont's south entrance, he said.



RICKY CARIOTI//TWP

$150M

The amount that Metro general manager Richard Sarles has promised to invest over the next few years to repair and replace escalators and elevators throughout the system. (TWP)

Construction workers remove granite March 14 at the Dupont Circle station, part of an eight-month project to replace the escalators on the station's south side.

Problem Spot

Dupont Circle station's south entrance, which opened in 1977, was originally built for two escalators. A third was installed in 1997, so there is little room to work with. The escalators rise 85 feet and have 291 steps. The south entrance has been closed for rehab since Feb. 1. Because it's a disaster when the escalators at the stop's sole open entrance (the north side) stop working, Metro has urged passengers to use Farragut North station and avoid Dupont. Once the south escalators are replaced, Metro plans to rehab the north end, though plans call for that entrance to remain open. (TWP)

On the Mend

Metro has had chronic problems with its escalators for decades. Transit officials said 75 percent of the system's escalators are more than 25 years old and parts can be difficult to find. But age doesn't fully explain the problems. Since the '90s, Metro has had trouble staffing its escalator division and there have been repeated instances of neglected maintenance. Most recently, in 2010, a consultant found that Metro was not adhering to its own standards, including at Dupont. After the collapse of an escalator at L'Enfant Plaza injured six people in fall 2010, Metro launched a systemwide inspection that led to emergency repairs. (TWP)

"Maybe Washington's Metro needs a Canadian brother to help them," Aquin said.

Dan Stessel, Metro's chief spokesman, disagreed.

"When you're talking about taking large chunks of an escalator out that weigh tons from a space that has the relative dimensions of a straw, it requires professional engineers and people who are highly qualified experts," he said. "This is heavy construction, not just escalator maintenance."

"This isn't just buying a part off the shelf at Home Depot and sticking it in place."

— **RODRIGO BITAR,** GENERAL SUPERINTENDENT OF METRO'S ELEVATOR AND ESCALATOR DIVISION, ON THE ESCALATOR REPLACEMENT AT DUPONT CIRCLE.

Some managers at other transit agencies, including those in San Francisco, Atlanta and New York, were cautious about second-guessing Metro's timetable, noting that every system has unique needs.

Two months into the Dupont project, Metro says the work is on schedule and defends the timeline. So far, escalator steps have been removed on two of the three units, and there's a clear view of the skeleton of the escalator's frame.

The new escalators Schindler is installing are "transit grade," more heavy-duty than what you would find at a department store — and better than the units they are replacing. They are made to carry more people, run longer and stand up to the elements, said Rodrigo Bitar, general superintendent of Metro's elevator and escalator division.

Michael Landis, vice president of marketing for Schindler, said the international company ranks the job as being "up there around a 10" in difficulty.

"Nothing the size of these units has come up," Landis said. "This big of a size, plus this much of a constrained environment, is tough." DANA HEDGPETH (THE WASHINGTON POST)

Sports

Swengali

Big Month Ahead For D.C. Sports

If we'd actually had a winter, D.C. would still be celebrating the changing of the seasons right about now. Those who feel shortchanged are in luck, though, because D.C.'s sports teams are in for a pivotal month in which our winters (and springs, summers and falls) of discontent may be coming to an end. Let's look at what's in store for four of D.C.'s squads in April.

By Matt Swenson

- **The Capitals:** By this time next week, they will either be in the playoffs or coach Dale Hunter may be resigning so he can return to London. It's like how it was 80 degrees two Fridays ago and then turned cold and rainy in the following days.

Out winters (and springs, summers and falls) of discontent may be coming to an end.

- **The Nationals:** On Thursday, Stephen Strasburg will make his first opening day start in what will hopefully be an annual tradition for years to come. Their season doesn't depend on the outcome in Chicago, but a win would sure feel nice.
- **The Wizards**: Soon enough, their year will be put out its misery. Don't be surprised to see President Ernie Grunfeld and coach Randy Wittman get canned before the team's lottery luck is known.
- **The Redskins:** Only someone with the poor foresight of a weatherman would predict Robert Griffin III won't be a Redskin after the April 26 draft. He's coming — and could be the city's biggest superstar by September.

It's impossible to tell whether this month will be kind to the teams in the long run, but hope springs eternal.

@ To reach Matt Swenson, e-mail matt.swenson@readexpress.com

The Perfect Finish

Undefeated Baylor meets powerhouse Notre Dame in the NCAA title game

Women's College Hoops

All season long, Baylor has been the best team led by the best player in the country. And that just makes the stakes in Tuesday night's NCAA championship a little higher.

Anything short of a women's national title would be deemed a failure for Brittney Griner and her Lady Bears. That may explain why Baylor hasn't focused on an undefeated season, nor on becoming the first team in NCAA history to win 40 games. Griner and her teammates just want to win the school's second title.

8:30 P.M. Tue. | ESPN

Standing in the way is Notre Dame, a team on a mission ever since losing in last year's championship to Texas A&M and sparked by maybe the nation's second-most dynamic player, All-American Skylar Diggins.

The tournament's top seed against No. 2. Just the way the selection committee drew it up.

"40-0 was never really the goal," Griner said Monday. "We have team goals each year and our goal was to win a national championship.

"If you lose, you can't win a national championship. You've got to go 40-0 now."

Griner knows that despite the Lady Bears' incredible season, how it's judged will depend on Tuesday night's outcome.

JULIE JACOBSON/AP

Center Brittney Griner is hoping to lead Baylor to a 40-record and the national title.

"We don't have that ring yet," the 6-foot-8 junior phenom said. "That's the main goal. Until we get that, we're going to feel like we haven't really done anything."

The Irish know the feeling, having fallen just short last season to Texas A&M. Notre Dame (35-3) has been focused on getting back to this game all season long. Soon after Diggins and her Notre Dame teammates arrived back in South Bend after the championship last year, the junior guard went to the locker room. She put up on the chalkboard in the locker room, "Unfinished Business: 76-70, 15:52," the time referring to the game's turning point.

"There is definitely some unfinished business. That seems to be a common theme for everybody this year."

— **NATALIE NOVOSEL,** WHO SCORED 20 POINTS FOR NOTRE DAME IN ITS SEMIFINAL WIN OVER UCONN ON SUNDAY.

"We've had one goal all season long," Diggins said. "We've wanted to get back here and play in this game."

The Irish have been one of the best teams in the country all season long, but don't have to worry about the weight of expectations. Most people are picking Baylor to win, including President Obama, who predicted the title matchup correctly.

"I think when you're undefeated, you have a lot of confidence that you're playing with, but at the same time it's just a little bit of pressure of knowing that you've never lost. And when it gets down to the end of the game, you hope they feel that pressure," Notre Dame coach Muffet McGraw said. DOUG FEINBERG (AP)

Rematches

Big Matchup

There's probably never been a duo more eager to face Baylor's Brittney Griner than Notre Dame post players Devereaux Peters and Natalie Achonwa. The teams squared off in the preseason WNIT final, with the Lady Bears winning in Waco 94-81 behind Griner's 32 points on 14-of-18 shooting, 14 rebounds and five blocked shots. Peters, plagued by foul trouble, and Achonwa, hobbled by a balky right knee in her first game back from a torn meniscus, combined to make just 3 of 15 shots for 6 points. (AP)

Here We Go Again: Fasten your seat belts, coach Rex Ryan and the New York Jets might just be ready for a sequel on HBO's "Hard Knocks." Jets owner Woody Johnson says he's heard talk that HBO is interested in signing up the team for its training-camp documentary show. He's not ruling it out. Johnson says Monday the team has not received a "formal invitation," but "when we do, we will take a look at it." There's no word yet from HBO. (AP)

Sports

'One-and-Dones' Flock to Calipari

Kentucky coach gets grief for quick exits by his star players

Men's College Hoops

Blue-chip players flock to John Calipari, eager to sharpen their skills — to say nothing of their resumes — in what's become a de facto NBA apprenticeship. These "one-and-dones" won't have diplomas when their blink-and-you'll-miss-it time at the beloved alma mater is done.

But they'll have jobs in the "association" and the fat contracts that go with them, which is what they were after in the first place.

"If you're a player that wants to win and that's looking to get on to the next level, Kentucky is the place," said Derrick Rose, one of nine Calipari players to go in the first round of the last four NBA drafts. "Getting guys to the next level, his resume speaks for itself."

Calipari's latest cadre of NBA-bound stars, led by freshman phenom Anthony Davis, played Kansas for the NCAA title Monday night. It was the second time in five years that Calipari made it to the last game of the season. It was also Kentucky's second-straight trip to the Final Four under the coach. Of Calipari's last seven teams, all but one has reached the regional final or better. The lone "disappointment" was the 2009 Memphis Tigers, and they lost in the round of 16.

DAVID J. PHILLIP/AP

John Calipari has excelled in attracting blue-chip recruits to play on his teams.

washingtonpost.com

The men's NCAA championship game between Kentucky and Kansas ended after Express' deadline. For results | **washingtonpost.com/sports**

Calipari takes plenty of grief for his liberal use of the "one-and-dones." Some see him as a mercenary, amassing as much talent as he can for one spectacular run and barely taking time to wish them good luck before he's ushering the next crop of phenoms through his revolving door. Others view him as a symbol of all that's wrong with college athletics, a mockery of the concept of "student-athletes."

"I marvel at what John does. I couldn't do it," Louisville coach Rick Pitino said. "I can't say hello and goodbye in seven months; it's just not me." NANCY ARMOUR (AP)

TV Lineup

WOMEN'S COLLEGE HOOPS (8:30 P.M., ESPN) Baylor and Notre Dame play for the national title.

NATIONALS (3 P.M., MASN) The Nats play the Red Sox in an exhibition game at Nationals Park.

WOMEN'S SOCCER (7 A.M., ESPN2) The U.S. national team faces Brazil in an exhibition in Chiba, Japan.

SOCCER (2:30 P.M., CSN) Bayern Munich hosts Marseille in a Champions League quarterfinal.

PRO HOCKEY (7:30 P.M., 10 P.M., NBCSN) The Pittsburgh Penguins face off with the Boston Bruins, and the Vancouver Canucks take on the Anaheim Ducks as the NHL regular season winds down.

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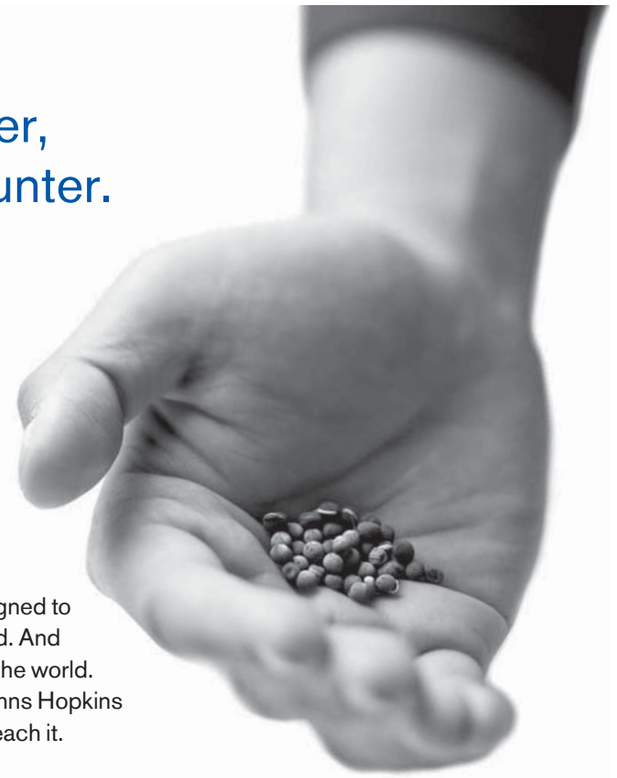

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Sports

Nats Round Out Their Roster

Ankiel to join list of starters who will begin year on the DL

The Nationals

The Nationals will place center fielder Rick Ankiel on the disabled list to begin the season with tightness in his left quadriceps, the first in a string of dominoes that effectively finalizes their opening day roster.

The Nationals, manager Davey Johnson said, expect both Ankiel and Michael Morse, who will also start the season in the disabled list, to return during the Nationals first homestand, which begins April 12. They are scheduled to start the season rehabbing with Class AA Harrisburg. Ankiel is eligible to come off the DL April 12, while Morse is first eligible to play April 10.

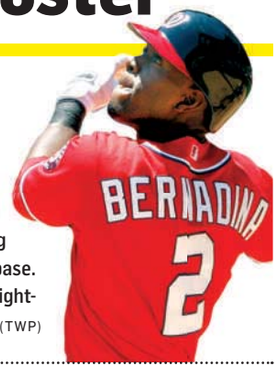
With Ankiel joining Morse on the sidelines, the Nationals will keep all remaining players in their major league camp, officially giving opening day roster spots to Brett Carroll, Xavier Nady, Atholton native Steve Lombardozzi and Chad Tracy, whom Johnson called, "the most improved guy in camp."

The Nationals entered the late stages of spring planning on starting Ankiel in center field. They could use either Jayson Werth or Roger Bernadina in his place. For opening day, Johnson said he was "leaning toward" playing Roger Bernadina in center field but Bernadina injured his knee on Monday.

Closer Drew Storen and Chien-Ming Wang, as expected, will also open the season on the disabled list.

ADAM KILGORE (THE WASHINGTON POST)

Bernadina Tweaks Knee



Shortly after manager Davey Johnson anointed him the Nationals' likely opening day center fielder, Roger Bernadina left Monday afternoon's game against the Boston Red Sox in the first inning with an apparent leg injury he sustained while sliding into second base. The Nationals later said the outfielder had a right-knee contusion and is considered day-to-day. (TWP)

Miller's Time: Reggie Miller rode his sister's coattails all the way to the Hall of Fame. The five-time All-Star joined Don Nelson and Ralph Sampson on Monday as part of a 12-member class that will be inducted into the Naismith Memorial Basketball Hall of Fame in September. Miller's sister, Cheryl, was enshrined in 1995. Reggie Miller had a standout career at UCLA and became one of the best perimeter shooters in basketball history with the Indiana Pacers. (AP)

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MASTERS IN APPLIED ECONOMICS

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Sports

Georgetown Women's Coach Headed to Auburn

Women's College Hoops

Terri Williams-Flournoy, who led Georgetown to the past three NCAA Tournaments, is taking over as women's basketball coach at Auburn.

Auburn announced Monday that Williams-Flournoy will replace Nell Fortner, who resigned after the season.

The Tigers are trying to match her success in getting to the NCAA Tournament, which they haven't managed since winning the 2008-09 Southeastern Conference title.

"Coach Williams-Flournoy has achieved success at every level of her basketball career as a player, assistant and head coach," athletic director Jay Jacobs said. "She has an understanding of what it takes to be successful in the Southeastern Conference and brings a tremendous desire to win championships at Auburn."

Auburn planned to formally introduce Williams-Flournoy at a news conference Tuesday. (AP)

Hoyas' Big Loss

Terri Williams-Flournoy led Georgetown to the women's basketball program's best four-year run starting in 2008, going 93-41 and winning at least one game in all three NCAA Tournament trips during that span. The Hoyas made it to the regional finals in 2011. The former Penn State star player posted a 143-104 record in eight seasons with the Hoyas. (AP)

In Brief

COLLEGE FOOTBALL

Petrino Stable After Motorcycle Accident

Petrino

Arkansas coach Bobby Petrino veered off a two-lane highway and crashed his motorcycle over the weekend, sending him to a hospital and leaving him in what his family described only as "stable condition." He is expected to make a full recovery. (AP)

PRO FOOTBALL

Leaf Arrested Again

Former NFL quarterback Ryan Leaf was arrested again on Monday and is accused of committing another burglary two days after he posted bail on charges that he broke into a friend's home and stole prescription painkillers, a drug task force commander said. (AP)

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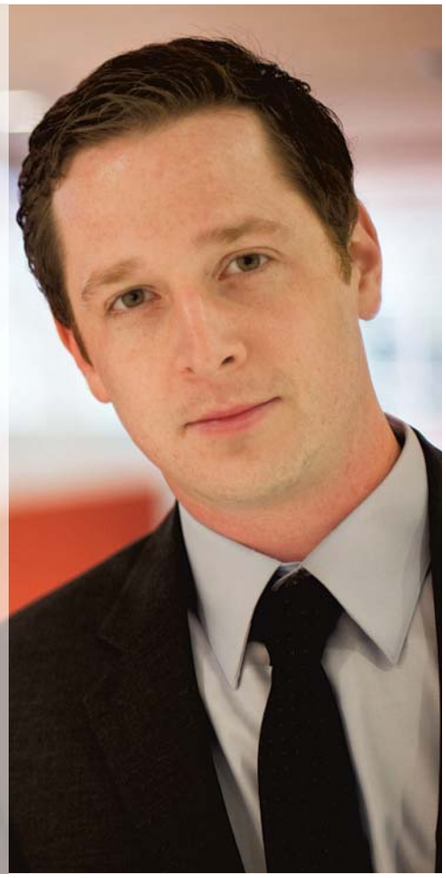

fit

Guinea Pig | A Complete 180

If there were an Exhale location in D.C., then the newest DVD from the spa — "Exhale: Core Fusion 30 Day Sculpt" ($17, Acacialifestyle.com) — would be even more of a bargain. It comes with a coupon for a free class. Can't use it? It's still worth it for the 180 minutes of instruction that's split up and arranged into 30 20-minute workouts. Viewers get treated to a mix of yoga, barre and weight training that's challenging yet never exhausting.

GOLD'S GYM
See your weekly Gold's Gym Trainer Tip on the next page.

Breaking Not So Bad

At The Lab, students get to know the top rock, the six-step and the history of B-boy culture

Most business owners wouldn't be too happy to find graffiti on the walls. But Antonio Castillo, known as Tazk in the break-dance world, asked for it. The spray-painted mural at The Lab (6925 Willow St. NW; 703-231-5350; Thelabdc.com) makes you feel like you're out on the streets rather than inside what Castillo boasts is the region's first break-dance studio.

What It Is: Although Castillo has been teaching workshops in the area for years, he felt D.C. didn't have a proper place for break-dancers to hone their craft. "At ballet schools, they might have one hour they teach break-dancing. Here, we have a break-dancing school and ballet might have an hour," says Castillo, who opened for business in January.

Besides Power Fridays, an open B-boy session that's available to all for a $5 donation, Castillo has offered just one class so far, Breaking 101 (Fridays at 6 p.m.). On April 13, that will get split into a kids class at 6 p.m., followed by an adults class at 7:30 p.m. ($150 for an eight-week session). Other classes will be added soon, starting with a ladies-only series taught by Julie Stoessel (aka Juju) that kicks off April 10 at 6 p.m.

Castillo's vision is to create a school that goes beyond the moves to explore break dancing as a movement. To teach the culture, he'll discuss history, show movies and bring in dancers from around the country. Castillo says the scene in D.C. is dominated by teenagers. "They haven't gotten an identity. They copy YouTube," he says. "I want to help them develop a style."

Work It Out

Above, Antonio Castillo, owner of The Lab, teaches students how to perform a six-step, which involves spinning your body around on the floor. Below right, he shows off a spinning headstand. That isn't in the curriculum for Breaking 101, but near the end of class, everyone gets a chance to jump into the middle of the circle and string together a few favorite moves.

PHOTOS BY TEDDY WOLFF

Event Horizon

Battle Ready

The Lab officially launches Saturday with a big party featuring one-on-one competitions (called "battles," in break-dance lingo), B-boys and B-girls from around the country, food, prizes and a massage therapist. Admission is $10. The next session of classes starts the following week, with a ladies-only class April 10 at 6 p.m.; Breaking 101 for kids April 13 at 6 p.m.; and Breaking 101 for adults at 7:30 p.m. Power Fridays will continue at 9 p.m. V.H.

How It Works: At Breaking 101, Castillo breaks it down for students who have no experience. Class starts with a quick warm-up and stretch (those wrists will need it) before you get into your "top rock," the side-to-side hopping steps that are the basis of break dancing. Then it's on to the "six-step." Get into push-up position, and with a series of quick movements, spin your body around the floor and arrive back at where you started.

Students also learn how to perform freezes, which require balancing on your head and forearms. They look tricky, but Castillo insists they're easy enough for most students to get within the first class. The tough stuff he's saving for later. "You're not spinning on your head yet," he says. "It's easy to get injured, so we work up to it." Besides, even with the foundations, you're ready to string together simple combinations. Get ready to show off — class includes a chance for each student to demonstrate his or her moves while the rest of the class top rocks in a circle.

Crowd: The first crop of Breaking 101 students range in age from 48-year-old Tom Maresh, who's trying to improve his dance skills for parties, to 2-year-old Ocean Carrasco. "I wanted to get her exposed to music and dance," says 34-year-old dad Nelson Carrasco, who originally thought he'd be sitting on the sidelines with his wife, Leandra, 29. Instead, the whole family is now moving together.

Workout: Ocean just plops down on the ground every once in a while, and the rest of the class probably wishes it could get away with that, too. Those six-steps will make your heart rate skyrocket when you do them fast, and they'll make your muscles burn when you do them slow. Maresh points out that the sweatbands he wears around his wrists and forehead aren't just for show. They're to prevent him from having to towel off too often. But the hotter it gets, the cooler everyone feels — especially when they master the freeze. VICKY HALLETT (EXPRESS)

Meet The Trainer

Lauren Bullock

Certified Personal Trainer
South Arlington Gold's Gym

Lauren has over twenty years of experience in the health and fitness industry, numerous certifications, a B.S. in Exercise Physiology and an M.S. in Physical Therapy. Her love for fitness began at an early age as she competed at the national level in gymnastics and swimming. She became a personal trainer to help make a difference in people's lives and battle lifestyle diseases such as diabetes, hypertension and obesity. Lauren recognizes that her clients are busy people with job and family responsibilities. She teaches her clients how simple changes in diet, and an efficient workout regimen can have a powerful impact.

Certifications:
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Trainer Tip of the Week

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BEN CLAASSEN III

Put the Texts Into Context

Q I recently dated a guy I met online. He seemed smart, cute and normal! After a few dates, I wasn't feeling it anymore, and so I didn't return his calls. Since then, he's texted me constantly. I've told him that I'm not interested, but the texts continue, urging me to meet with him again. How do I tell him to take a hint? WANT OUT, VA

I can't tell whether you realize that not returning his calls after several dates was maybe not the right move, but nonetheless he doesn't have the right to saunter into harassment territory. You've got to be a little more firm and let him know he has no chance, and that further contact is making you uncomfortable. How about: "I'm sorry that things aren't going to move forward with us, but I do wish you the best. Please don't contact me anymore. I won't be responding. Take care."

If he starts to make you feel threatened, keep the texts and document any other contact. My guess, though, is just that he's not taking the whole "drop off the face of the planet and let him sort it out" approach very well. So be clear and decisive — and THEN you earn the right to ignore him again.

He Doesn't Want More Roommates

Q My husband and I have been arguing about letting my sister stay with us. She's a good person, but has had some financial problems and can come across as ungrateful. We have plenty of room, and I think if she could stay with us for a while, she could get back on her feet. My husband doesn't get along with her and doesn't want anything to do with her. I say that if we help her now, we won't have as many problems with her in the future. LOVING SIS

There's a fine line between "help now" and "help now and pave the way for helping until we're footing the bill for her nursing home."

Separate your husband's objections into distinct items (he's resentful she's been ungrateful, he doesn't like her, he doesn't think that helping her now will reap any benefits later). You've got to be able to ameliorate each objection — and if you can't, your marriage must come first. If you can work together to take care of his concerns, then get specific and have concrete boundaries about exactly what your help will look like: how much, how long and how you'll cut her off. Even if she stays with you, you'll end up compromising, so be prepared.

By Dr. Andrea Bonior

@ Send your questions to Dr. Andrea Bonior at baggage@readexpress.com. Andrea is a local clinical psychologist and author of the book "The Friendship Fix" (Friendshipfix.com).

Event Horizon

Friday Rites

Good thing April's known for showers, because you'll need an extra one after each of the Crystal Run 5K Fridays. Pacers' popular race series returns this month, with a 6:30 p.m. race every Friday in April from 2121 Crystal Drive in Crystal City. It's $60 for all four (just make sure you hold onto your bib and timing tag!), or $20 for an individual race on the flat, fast course. Register at Pacersevents.com/crystalrun5kfridays.

New Ways to Saddle Up

The Daily Rider offers bikes and accessories for car-free urbanites

All bike shops encourage you to hydrate. What's unusual about The Daily Rider, which opened last week at 1108 H St. NE, is that husband-and-wife owners Loren Copsey and Beth Rogers urge you to make that drink a beer — on one of the brewery rides they plan to organize for customers.

It's part of their philosophy that cycling is not only great exercise, but also the best way to get around every day, whether it's for work or fun. That means their inventory is stocked with urban errands in mind. Most comes with a back rack, and there are tons of baskets, bags and other accessories that will help you haul stuff.

TEDDY WOLFF

Beth Rogers and Loren Copsey own The Daily Rider, which caters to city cyclists.

"A lot of times people are using bikes to go to work and that's only feasible if you can carry papers and clothes," Rogers says.

If you're stocking your place for a party, you might need the Bullitt ($3,200) from Danish manufacturer Larry vs Harry. Copsey relies on the cargo bike to ferry supplies back from the hardware store, but it could just as easily handle two cases of beer, he says.

Shop Talk

Name Dropping

The Daily Rider (Thedailyriderdc.com) isn't fully stocked yet. But the store is already carrying some brands of accessories that are hard to find in D.C., including Yakkay helmets (which look like hats) and Po Campo's durable bike bags (which can double as chic purses). V.H.

"This does everything I've ever wanted a bike to do," says Copsey, who predicts that this style of bike — whose flat cargo bed makes it a viable car replacement — will soon gain popularity in the U.S.

If you opt for a traditional bike, such as the one from Pilen ($1,250) that Rogers is currently obsessing over, you can still be a good party guest. The shop sells straps designed to secure a six-pack ($29) or a bottle of wine ($36) to your frame.

The store's brewery rides and brunch rides will head out from the back of the shop, which is an open area Copsey plans to use for community happenings. It's also where the shop will hold classes on city cycling and bike repair. (The first event: an April 15 bike wash. It's $10 per bike, with all proceeds going to the National Law Enforcement Memorial Fund.)

Although the Daily Rider's focus is bringing stylish, functional bikes to the city, it's the little things that might get customers even more excited. That includes Bird Industries skirt garters ($10), which Rogers considers indispensible.

"If you don't have something holding your skirt down and a gust of wind comes, you're not focused on riding," she says.

And staying focused is the best way to make sure you — and your beer — get where you're going safely. VICKY HALLETT (EXPRESS)

It's Time to Put Your Foot Down

Celebrate National Walking Day by going for a stroll at lunch

You have a completely legitimate excuse to wear sneakers to work Wednesday: It's National Walking Day. The American Heart Association is encouraging all businesses to allow dress-down footwear in the name of battling heart disease — research shows that even 30 minutes of walking a day can lower blood pressure, lower cholesterol and reduce the risk of heart attack and stroke.

If your employer hasn't organized a National Walking Day program, it's not too late to pick a time and round up your co-workers for a quick stroll at lunch. Get suggestions for hosting a rally at Greaterwashingtonheartwalk.org.

ISTOCKPHOTO

Wearing sneakers can make it more comfortable to spend time walking.

A public event will be held in Bethesda at Westfield Montgomery Mall (7101 Democracy Blvd.), sponsored by Adventist HealthCare (Adventisthealthcare.com). Between 8 and 9:30 a.m in the food court, there will be free screenings, giveaways, an appearance by the American Heart Association's "Heart Man" and, of course, the chance to hoof it around the mall.

You'd better get moving. V.H.

Have you recently had an injury?

The National Institutes of Health (NIH) in Bethesda, Maryland, in collaboration with the Center for Neuroscience and Regenerative Medicine (CNRM), is conducting a research study to learn more about traumatic brain injury (TBI).

The purpose of this study is to improve the understanding of traumatic injuries of individuals with TBI compared to those with non-head related trauma injuries. Participation requires two six-hour outpatient visits to the NIH Clinical Center and will include a blood draw, magnetic resonance imaging (MRI), positron emission tomography (PET) scans of the brain, and neuropsychological tests.

For more information, please call:
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You may be eligible if:

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The NIH Clinical Center, America's research hospital, is located on the Metro red line in Bethesda, Maryland.
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Don't Pull the Trigger

Outsmart the sugary and fattening foods that threaten to spark a bad-for-you binge

It's a common slipup: After weeks of eating well and hitting the gym, you decide to have a reward — some candy or a side of fries. But hours later, the scene around you looks like "The Hangover" meets the Food Network.

A weakness for a certain food can open the door to an avalanche of bad eating choices, says Gary Wenk, author of "Your Brain on Food." These so-called gateway or trigger foods make you feel out of control, maybe even physically unable to stop reaching for more, in part because of their addictive effect on your mind and body, according to research.

It may seem silly to think about being addicted to food, something we'd die without, but most of us eat for more than just survival. Merely looking at or thinking about a food you know you love activates the reward portion of your brain. This triggers the release of dopamine, a feel-good chemical that enhances your awareness of that food.

And once you've taken that first bite, watch out. Your nervous system responds by secreting insulin (which drops blood glucose) and relaxing your stomach muscles, which makes you feel like you need to eat more to be satisfied, says Susan Roberts, a professor of nutrition at Tufts University.

There's a reason this tends to happen almost exclusively with fatty and sugary foods and not, say, lettuce. Saturated fats impair your brain's normal ability to regulate appetite, so you don't realize you're full until you're completely stuffed, says Kelly McGonigal, a health psychologist at Stanford University and author of "The Willpower Instinct."

Add sugar to the fatty food and you have a double whammy. High-sugar foods increase your levels of ghrelin, a hormone that stimulates appetite and increases cravings. "So you may tell yourself 'Just one bite,'" says McGonigal, "but find yourself wanting more and more, the more you eat." DANIELLE BRAFF (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH RODALE INC.)

Regaining Control

Avoiding cravings entirely is tough, given that they can be brought on by stress, PMS or even just the thought of eating. But there's plenty you can do to avoid skidding down the slippery slope of gateway foods.

USE YOUR HEAD

A 2010 study by Australian researchers found that thinking about a craving uses up mental energy — enough that you'll struggle to do anything else or even think normally. But if your brain is otherwise engaged (by playing Sudoku), you'll have fewer cognitive resources available to conjure up mental images of brownies.

INTERRUPT YOURSELF

If you're three bites into a pint of ice cream when you feel a pang of regret, switch to a healthier snack. Once your senses have been engaged, your body is going to demand more food, but you still decide what to give it. Sorbet or fruit can freshen up your palate, which can help put the brakes on thinking about the stuff you crave.

HIDE YOUR TRIGGERS

Proximity to food influences how much of it you eat, says James Painter, a professor at Eastern Illinois University who studies behavioral eating. Try keeping healthy foods where you can see them, and stash unhealthy ones in a hard-to-reach drawer.

GET BACK ON TRACK

Maybe you couldn't stop yourself from polishing off the entire sundae, but that's no reason to give up entirely. We have a tendency to focus on the short-term consequences of our actions, but keeping a long-term goal in mind can help you realize that you can still get there.

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Recipe File

Start to finish

1 1/2 hours (30 minutes active)

Ingredients

- 4 tablespoons olive oil, divided
- 2 red onions, sliced
- 2 cloves garlic, chopped
- 2 sweet potatoes, peeled and cubed
- 1 pound carrots (consider using rainbow carrots), cut into 1-inch pieces
- 1 pound beets, peeled and cut into wedges
- 1 pound celeriac, peeled and cubed
- 1 cup unsweetened applesauce
- Zest of 1 lemon and 1 orange
- 2 tablespoons chopped fresh thyme
- 2 tablespoons chopped fresh savory
- 1 tablespoon chopped fresh tarragon
- Salt and ground black pepper
- 5 matzos, crushed
- 1/2 teaspoon ground coriander

PASSOVER ROOT VEGETABLE CASSEROLE

Makes 12 Servings

Heat the oven to 375 F. Coat a large casserole dish with cooking spray.

In a large skillet over medium-high, heat 1 tablespoon of the olive oil. Add the onions and garlic and saute until soft and starting to brown, about 10 minutes.

In a large bowl, combine the onions and garlic with the sweet potatoes, carrots, beets, celeriac, applesauce, lemon zest, orange zest, thyme, savory and tarragon. Season with salt and pepper, then toss to coat. Spoon into the prepared casserole dish.

In a small bowl, combine the crushed matzos with the remaining 3 tablespoons of olive oil and the coriander. Season with salt and pepper. Sprinkle over the vegetable mixture. Bake for 1 hour, or until the vegetables are tender when pierced with a fork. (AP)

170 calories; 40 calories from fat (25 percent of total calories); 5 g fat (1 g saturated; 0 g trans fats); 0 mg cholesterol; 29 g carbohydrate; 4 g protein; 4 g fiber; 270 mg sodium.

lookout

Alec Baldwin's Belle
The actor, 54, proposes to his 28-year-old yoga instructor girlfriend 35

Sound Bets

TAE WON YU

Reunion Sounds

This year features two big reunions for me. My high school's 25th is in August, and my indie-pop-reunion rendezvous goes down this weekend, when the much-loved zine Chickfactor celebrates its 20th anniversary with concerts at Artisphere on Friday and Saturday.

By Christopher Porter

Since my high school reunion is in Michigan, I don't think I'll make it. (Sorry, ladies; hit me on the pager.) But I bought tickets immediately when organizers announced Chickfactor's Saturday night show, which will be the first concert local noise-pop pioneers Black Tambourine have played in two decades.

Audrey's Diary, the record label I co-founded back in the day, released Black Tambourine's "Throw Aggi Off the Bridge" 7-inch in 1992, and my friendship with singer Pam Berry landed me in the D.C. area two years later. Berry moved to England in 1998, and we haven't seen each other since. And as with my high school friends, I haven't kept in close contact with most of my indie-pop pals. But more so than geographic, school-based connections, music seems like an organic, binding molecule, capable of weathering time, distance — and even a latent interest in heavy metal.

@ Read Christopher's previous columns at: **expressnightout.com/soundbets**

The Trailblazer

Magnolia Pictures began experimenting with untraditional movie release windows as early as 2005, when it made "Bubble," directed by Steven Soderbergh, above, available in day-and-date release: in movie theaters and on DVD at the same time. But VOD quickly became the more appealing option: There's virtually no cost in digital transmission as opposed to manufacturing DVDs and shipping them. However, Magnolia president Eammon Bowles says theatrical release is still the main way it gathers attention for films, even though almost all of its films generate more money on VOD than in theaters. Theatrical release means audiences, critics and the industry take a film more seriously. As Bowles astutely points out, however: "People don't buy delivery systems. They buy movies."

The Critic

Perhaps no established voice has been more aggressive in leading viewers to on-demand movies than Roger Ebert, above, the famed Chicago Sun-Times critic. An active participant on Twitter and Facebook, Ebert posts a "Streamer of the Day" pick daily. He also leads a group of six critics specializing in reviewing new on-demand releases. He calls them "The Demanders." "We spend most of our space covering films that many readers won't come close to seeing," Ebert writes in an email. "We decided to pay more attention to films that are playing in their living rooms."

NOW PLAYING (IN YOUR HOME)

Video-on-demand is slowly changing the way filmgoers consume movies

Stealthily populating itself on TV menus, video-on-demand has quietly seeped into our homes, remaking movie distribution with little fanfare. Once an afterthought, VOD has grown into a multibillion dollar industry, reoriented release strategy and become a panacea to an independent film world desperate for audiences. Movies no longer just arrive on Fridays — they can premiere anywhere and anytime. Now, the untamed wilds of VOD are steadily taking shape thanks to the efforts of industry leaders like Comcast, independent distributors like Magnolia Pictures, start-ups like Prescreen and even veteran film critics like Roger Ebert. It seems fitting to click on each separately, in on-demand style. JAKE COYLE (AP)

The Heavy

Comcast, the nation's largest cable provider, launched its VOD service in 2003. Including both movies and TV, Comcast's Xfinity passed 20 billion views last May. When Comcast first began rolling it out, it took time just to familiarize viewers with the concept. Now, their system has partnerships with all the major studios, many indies and multiple festivals (including the upcoming Tribeca Film Festival). Comcast is testing integration with Facebook on set boxes in some markets, and working to build a recommendation algorithm to steer viewers to films they might like. "The trend seems to be we're partnering earlier and earlier in the life cycle of a movie," says Matt Strauss, senior vice president of digital and emerging platforms at Comcast. "That's a trend we want to continue to help nurture."

The Start-up

Prescreen is a curated on-demand platform launched last September and then relaunched in February. Co-founded by former Groupon executive Shawn Bercuson, Prescreen also has former Netflix executive and RedBox president Mitch Lowe on its advisory board. The service offers a small collection of independent films that might otherwise have difficulty getting noticed. Taking a page from Groupon, Prescreen sends a daily email with a deal on a rental each day. It uses Facebook integration and encourages filmmakers to start building a film's audience as early as pre-production. Prescreen, which says it currently has about 70,000 subscribers, also gives filmmakers data on subscribers so they better know their film's audience.

lookout entertainment

MARVEL STUDIOS

Film Beat

Facebook Likes 'The Avengers'

Facebook fans are getting an early shot to see the all-star superhero tale "The Avengers."

Disney's Marvel Studios will offer advance screenings around the world in cities where "The Avengers" has gained the most fans on Facebook.

The early screenings will start with shows in the cities now leading — Los Angeles, New York City, Chicago, Houston and Miami — on April 14, nearly three weeks before the film's May 4 U.S. debut. Admission will be free on a first-come, first-served basis.

Marvel plans another round of early screenings in five more cities. Fans can lobby for their city on "The Avengers" Facebook page.

"The Avengers" features Robert Downey Jr., Scarlett Johannson, Samuel L. Jackson, Chris Hemsworth, Chris Evans, Mark Ruffalo and Jeremy Renner. (AP)

Master of the Universe

Actress Eliza Coupe plays up Type A traits on 'Happy Endings'

Television

As Jane on ABC's "Happy Endings," Eliza Coupe is used to being in control. Take recent episode "The Kerkovich Way," in which husband Brad (Damon Wayans Jr.) learns that Jane's been conditioning him for years to think he did things he didn't do.

Two episodes ago, Jane put aside her Type A ways for a night, and the show's core group of friends lost all sense of balance. "Everyone realized that she does control the universe," Coupe says. Express spoke to the 28-year-old "Scrubs" alum ahead of the second-season finale of "Happy Endings," which airs Wednesday at 9:30 p.m.

Like the first-season finale, Wednesday's episode takes place at a wedding. What's in store?

There's an incredible closing song and dance. Nobody really knows that I have dance moves that are out of this world.

Are you like Jane at all?

I originally thought I was going in for the part of [Jane's sister] Alex. I walked in as me. I wear mostly dark clothing. I have tattoos. I don't fit the Jane mold. They told me, "We're thinking of you as Jane" and that was totally flattering to my acting ability.

"Jane was a slut. ... There is a lot to be discovered with her that is really fun."

We've learned a lot about Jane this season. Are there are more skeletons in her closet?

"Both Damon [Wayans Jr.] and I were nervous that this was going to be the typical husband-and-wife couple fighting all the time, which is boring."

For sure. Jane was a slut. She was a real loose cannon. There is a lot to be discovered with her that is really fun. Random little tidbits come in, like, Jane was a figure skater.

How has Jane and Brad's relationship evolved since the pilot?

Both Damon and I were nervous that this was going to be the typical husband-and-wife couple fighting all the time, which is boring. But [series creator] David Caspe is such a smart and incredible person. Every single character in this show is cutting edge. We're all pushing the boundaries of the archetypal character on a sitcom.

Happy Endings seems to have the most words-per-minute of any sitcom. Is most of that scripted, or are you given some freedom to improvise, too?

What's great is when you have great writing, it sparks an idea in your head. Most of the stuff Damon and I do when we get sexual, that's pretty much coming from us, but the writers set the stage for that by giving us the environment and the scene for that.

Do you know if the show will get picked up for a third season?

I have no idea. I want to stay positive. I think the network likes the show. It's gaining viewers. Even going off our Twitter accounts, all of us have jumped up thousands of followers. In my humble opinion, it would be smart to renew it.

RUDI GREENBERG (EXPRESS)

Today's Top Stops

COMPILED BY FIONA ZUBLIN

LUKE RATRAY

1 To the Moon

"Pierrot Lunaire," by Austrian composer Arnold Schoenberg, sets a collection of poems to music to tell the story of a sad clown. Eighth Blackbird, a classically trained yet difficult-to-classify musical ensemble, will stage its opera-cabaret version of the show at the Kennedy Center, along with pieces by Weill, Berg and Perle. ***Kennedy Center, 2700 F St. NW; Tue., 7:30 p.m., $32; 202-467-4600, Kennedy-center.org. (Foggy Bottom)***

2 Artistic Diplomacy

A foreign service officer who got pushed out of the State Department in the McCarthy era, John Paton Davies Jr. had a second career as an artist, making monoprints that reflected his fascination with the art of Peru and China. The exhibit "A Singular View" presents vacation souvenirs you'll be happy to sift through. ***Mansion at Strathmore, 5301 Tuckerman Lane, North Bethesda; through April 14, free; 301-581-5100, Strathmore.org. (Grosvenor-Strathmore)***

3 Shiny Happy People

You might think you know what you're getting into when you go to an Of Montreal show, but it's better to come with no expectations. That's the beauty of Kevin Barnes' pop-rock collective, which stages shows that are more performance art — with lots of glitter, costumes and set pieces — than rock concert. ***9:30 Club, 815 V St. NW; Tues., 7 p.m., sold out; 202-265-0930, 930.com. (U Street)***

TV tonight lookout

Let's Talk About Sex

Activist Dan Savage opens a dialogue with college students

Q&A

MTV 11:00

Dan Savage first brought his frank and often funny brand of sex and relationship advice to a Seattle alternative newspaper in 1991. Now he's bringing it to MTV. The 47-year-old "Savage Love" columnist, podcaster and pundit answers questions from college students around the country on "Savage U." Each episode is set at a different university, and students determine the topics discussed.

What inspired your move to TV?

TV across the board has a really kind of schizophrenic take on sex. Crazy, impulsive, what I would regard as risk-taking sexual behaviors are presented as kind of normative and not anything you need to worry about, but then whenever sex advice is given or sexual problems are discussed, the attitude is, 'Well, any risk is too much risk, and you should never do anything that's impulsive or risky or dangerous because you will die.'"

CHARLES SYKES/AP

Sex columnist Dan Savage educates college kids on his new show, "Savage U."

What changes have you seen since you've been writing your column?

I was writing the column for 10 years before abstinence education came along, and 10 years after. And I saw the general average sexual IQ among the young people who were writing me drop and drop and drop and drop. And it was shocking to behold. ... At the same time they were getting abstinence education — which didn't include any information about sexual identity or responsibility or birth control — they were being told that being curious about sex meant they were bad people.

What's up with the It Gets Better project, which you co-created?

Too many young queer people go home to nothing, or tragically to parents who are also bullying them, and we are trying to meet that particular need, and we are and we have, so we're going to keep doing that. SANDY COHEN (AP)

Cooking

Top Chef: Survivor

Straddling that fine line between daring and pointless, "No Kitchen Required" (10 p.m., BBC America) parachutes three chefs into exotic and remote locales and asks them to forage for food and create tasty dishes in rustic conditions. In other words, they travel the globe to extol "local" cuisine. KEVIN MCDONOUGH (UNIVERSAL UCLICK)

Best Bets

NBC 8:00

The Biggest Loser The six remaining contestants are surprised by an invitation from the United States' most prominent fitness advocate: Michelle Obama, left. They get another surprise at the White House — reunions with their loved ones — before meeting the first lady.

PBS 8:00

Grand Coulee Dam: American Experience A look at how the tension between technological achievement and environmental impact hangs over the legacy of Washington's Grand Coulee Dam, which was completed in March 1941.

ABC 8:31

Cougar Town Jules has reservations about accepting Travis' offer to take the photos at her wedding to Grayson. Meanwhile, Bobby hopes to take his relationship with Angie to the next level.

LIFE 10:30

Dance Moms: Miami This new "Dance Moms" spinoff goes behind the scenes at Miami's Stars Dance Studio, whose owners train a diverse group of talented young male and female dancers. (TRIBUNE MEDIA)

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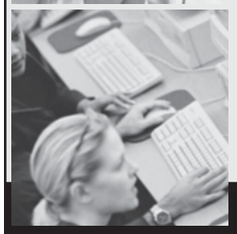

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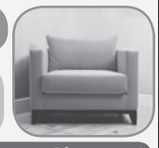

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FORT WASHINGTON -- Female pref. Furn. Outside smoking only. $595 all utils incl + sec. Please Call **301-806-6070**

Kensington, MD $895 shr Lg, quiet NS TH. Suite incl Master BR, priv. ba., den, CATV, all util & internet W/D, Lease+dep. Nr NIH. **John 301-929-0000**

LANDOVER- 7 blocks to Metro. Furnished, clean & safe. $109/wk. $100 deposit. **240-423-7842**

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MANASSAS, VA - Pref prof person to rent room in TH, kitchen & deck privileges, W/D. Quiet & peaceful. Close to shopping. **571-215-6531**

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SE - Furn rm in house, share BA/kit. Near metro & harbor. Pref female. $165/week incld util. **301-922-6393**

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Blog Log

"[Ann] Romney has also now given us perhaps the funniest quote of this entire campaign. Why? Because it's about how 'stiff' her husband is and because we're all 12 years old."

—JON BERSHAD AT MEDIAITE.COM jokes after reading a tweet by @EmilyABC (ABC news producer Emily Friedman) that read "Ann Romney asked about [Mitt] Romney being 'too stiff': 'I guess we better unzip him and let the real Mitt Romney out because he is not!'"

"What makes it 'acceptable' to name the playing arena after a sponsor, but not do the same for the team name? Why not just make everything for sale, and stop trying to pretend we have any class left?"

—BRANDO AT NOTENOUGHTEQUILA.BLOGSPOT.COM reflects after taking a walk around Nationals Park over the weekend and being struck that the team has not sold naming rights for the ballpark.

"It looks pretty good! — If you like stories about righteous white dudes on the rough side of 50 who are too noble for their own good."

—MARGARET LYONS AT VULTURE.COM offers a mini-review of Aaron Sorkin's new HBO show "The Newsroom" — starring Jeff Daniels — after watching the preview released Monday.

"[Monday] is National Peanut Butter & Jelly Day. But really, every day is National Peanut Butter & Jelly Day."

—@RY_HUDSON, social media editor at SBNation.com, tweets his thoughts on the day celebrated every year on April 2.

"#ThatAwkwardMomentWhen your favorite female R&B artist 'sangs about fried chicken."

—@JEMELEHILL OF ESPN.COM is a bit stunned to see Mary J. Blige as a pitchwoman in a commercial for Burger King's new Crispy Chicken Snack Wraps.

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Information Technology Foundations (A+/Network+/MCTS/CCNA/Security+)	Apr	28
Cisco Certified Network Associate (CCNA)	May	5
IT Business Analyst	May	12
Certified Hacking Forensic Investigator (CHFI)	May	12
MCTS: Windows 7	May	15
Windows Server 2008 (MCSE 2008)	May	15
Certified Ethical Hacker (CEH)	May	19
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Adanced Web Solutions	Jun	9

and more...

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www.clinicaltrials.gov

Study #: 10-AA-0046

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puzzles lookout

Horoscope

ARIES (March 21-April 19) You'll find that your attraction to others is actually becoming stronger. How this can benefit you will be clearer by day's end.

TAURUS (April 20-May 20) You'll have to stand by for a while today and watch someone else surge ahead. Pay attention to how and when he does what he does.

GEMINI (May 21-June 20) The wishes you have only recently made, whether you were conscious of them, are going to start to come true today, in small ways.

CANCER (June 21-July 22) You may have to make a quick getaway of sorts, but the reason is perfectly logical and entirely legal.

LEO (July 23-Aug. 22) Your success will be measured in small increments. What's important is that you keep moving forward, even in the face of opposition.

VIRGO (Aug. 23-Sept. 22) A chance encounter leaves you with the feeling that something important is about to happen. You'll want to pay attention!

LIBRA (Sept. 23-Oct. 22) A surprise comes your way today, but you won't be reacting as if you were surprised; rather, you'll be on the move just as directed.

SCORPIO (Oct. 23-Nov. 21) You must maintain a realistic outlook, even though what happens around you defies reason — if only for a short time.

SAGITTARIUS (Nov. 22-Dec. 21) The conclusion to a long-term contest proves satisfying today, even though you may have to adjust your outlook a bit as a result.

CAPRICORN (Dec. 22-Jan. 19) Someone may be trying to solicit your support, but you are loath to give it without first finding out a few more pertinent details.

AQUARIUS (Jan. 20-Feb. 18) You're not likely to surprise anyone today if you insist on doing what you've been planning. Improvisation, however, can work wonders.

PISCES (Feb. 19-March 20) You'll find yourself halfway through one project just as you are starting another. It's time, once again, to try multitasking.

PostPoints DAILY CODE ER

Scrabble Grams

PAR SCORE 145-155, BEST SCORE 231

								RACK 1
E1	O1	U1	R1	R1	T1	G2		
								RACK 2
E1	I1	P3	R1	H4	W4	S1	Triple Word Score	
								RACK 3
A1	E1	I1	O1	D2	H4	W4		
								RACK 4
E1	O1	O1	H4	K5	L1	T1	2nd Letter Double	

Yesterday's Solution

U1	N1	S1	H4	E1	L1	L1	RACK 1 =	60
W4	H4	I1	L1	E1	D2		RACK 2 =	17
C3	E1	N1	T1	U1	R1	Y4	RACK 3 =	86
H4	I1	R1	S1	U1	T1	E1	RACK 4 =	60
PAR SCORE 150-160							TOTAL	223

FOUR RACK TOTAL _____

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM

3		1		9				7
		2	7	3				8
4		7	5	1		9	2	3
			9	8		1	5	
				4				
	4	5		6	7			
1	7	6		5	3	2		9
5				2	9	8		
8				7		6		5

Yesterday's Solution

8	4	5	7	1	9	3	2	6
7	3	1	4	2	6	9	8	5
9	6	2	3	5	8	4	7	1
4	1	6	9	7	2	5	3	8
2	7	8	1	3	5	6	9	4
3	5	9	8	6	4	2	1	7
5	8	3	6	9	1	7	4	2
1	2	7	5	4	3	8	6	9
6	9	4	2	8	7	1	5	3

Need more Sudoku? Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

Comics

POOCH CAFE | PAUL GILLIGAN

PEARLS BEFORE SWINE | STEPHAN PASTIS

Forecast

68 | 54

Today: Sunshine mixing with some clouds today. Partly cloudy tonight.

77 | 43

Tomorrow: Periods of clouds and sun tomorrow. Clear and moonlit tomorrow night.

Looking Ahead

THU	FRI	SAT
61 | 43	65 | 45	65 | 45

Sun and Moon
Sunrise today: 6:49 a.m.
Sunset today: 7:34 p.m.
Moonrise today: 4:18 p.m.
Moonset today: 4:35 a.m.

Almanac
Normal high: 62
Record high: 89
Normal low: 43
Record low: 23

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✓ Drink daily or almost daily ?

✓ Are between the ages of 21 and 60 ?

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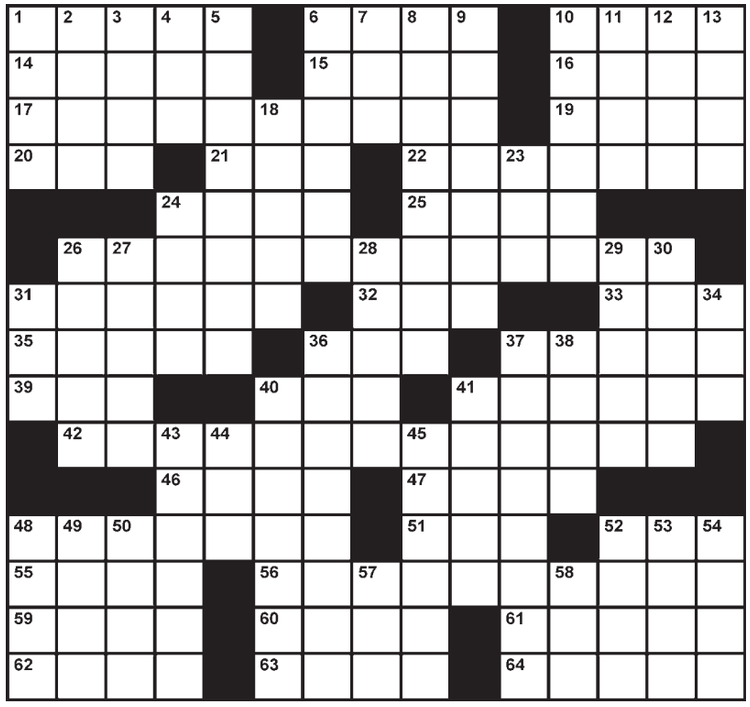
lookout puzzles

Crossword

GOING UP?



EDITED BY TIMOTHY E. PARKER

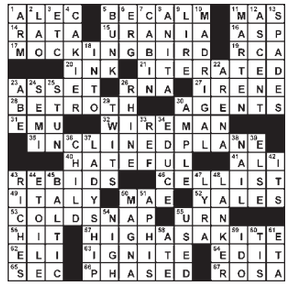
ACROSS

1 ___ throat (painful ailment)
6 Short commoner?
10 Big name in small construction
14 Airport in "Home Alone"
15 Showgirl Manilow sang about
16 Bizet's "Habanera," for one
17 Exciting adventure
19 Old-fashioned pen points
20 Paul's brand, Newman's ___
21 Word with "grown" and "follow"
22 "Pinocchio" insect
24 Snail-mail system (Abbr.)
25 "Don't use that ___ of voice with me!"
26 A company picnic could be one
31 Mess with someone's hair
32 Activate, as a bomb
33 Boy, as an adult
35 Tiny quantities
36 Snaky character?
37 Egypt's capital
39 Also mention
40 Longtime Hawaiian staple
41 Hair-setting item
42 A-list wannabe
46 Kachina doll carvers
47 1st and 2nd in NYC
48 Military newbie
51 Bachelor's digs
52 Lineman farthest from the center
55 Sound that's coming back?
56 One needing a fence?
59 Calla lily family
60 Small part of a fork
61 Caribbean cruise stop
62 Unsophisticated one
63 Citizen of Edinburgh
64 Like a car without a muffler

DOWN

1 Area of London or New York
2 Winter-ending event
3 Some precipitation
4 Go down the wrong path
5 Careful examinations
6 Crinkledcotton
7 "El" pluralized
8 Certain college voters
9 "Cheers" setting
10 Surgeon's blade
11 "CHiPs" co-star Estrada
12 Mocking remark
13 Brewer's oven
18 Present for the teacher
23 Outs' counterparts
24 ___ Major (Big Dipper locale)
26 Imperative and subjunctive, e.g.
27 Achieve a personal best
28 101, in a course name
29 Nellie's "South Pacific" love
30 Harder to find
31 ___ Maria (coffee liqueur)
34 Easter starter?
36 Related to the earliest period of human culture
37 Stand-up kind of guy?
38 Altar attire
40 Ardent supporters of the Vatican
41 Be in competition with
43 Harley-Davidson trim
44 Letters from a short person?
45 Small flap on a garment
48 Something to fall back on
49 Beige-like shade
50 Minnow cousin
52 Case for pins and needles
53 Birds' beaks
54 Farmer's cart
57 Yoko who married Lennon
58 Away, idiomatically

Yesterday's Solution



Today in History

1776 George Washington receives an honorary Doctor of Laws degree from Harvard College.

1860 The Pony Express begins carrying mail between St. Joseph, Mo., and Sacramento, Calif.

1948 President Harry S. Truman signs into law the Marshall Plan, designed to help European allies rebuild after World War II.

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Founding Publisher — Christopher Ma, 1950-2011

people lookout

STATUS UPDATE

Baby Within Range

Giuliana Rancic told the "Today" show Monday that she and husband Bill are exploring adoption and surrogacy as possible child-acquisition strategies. "At the end of the day, whether you have a baby naturally, adoption, surrogacy — it's your baby. You're going to love that baby and that's all that matters." "2012 is the year of the Rancics!" Bill added. (EXPRESS)

INSANELY GRATING

No Reality Distortion Field Is Strong Enough for This

Ashton Kutcher will play Apple co-founder Steve Jobs in an upcoming biopic named "Jobs," according to the Hollywood Reporter. The indie film, due to start shooting in May, will follow Jobs' trajectory from college dropout to technology mastermind. Another Jobs biopic is in the works, this one based on Walter Isaacson's recent biography. (EXPRESS)

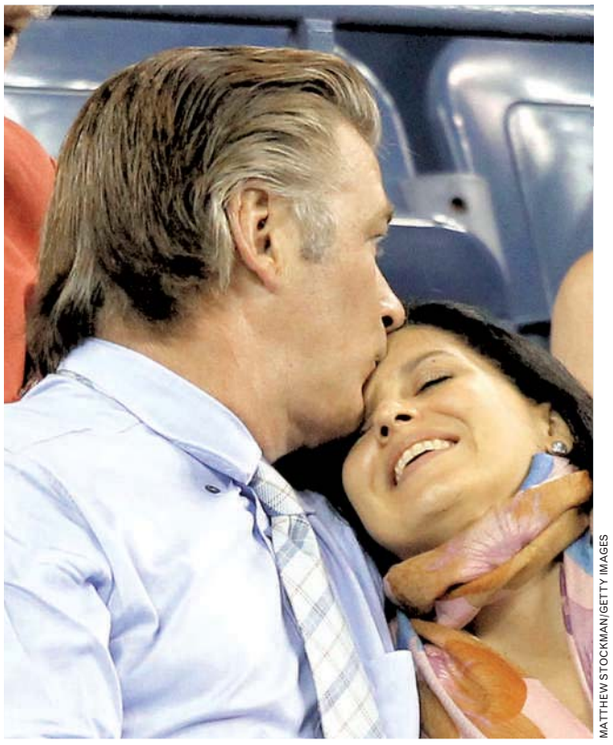
GETTY IMAGES

If only there were posthumous Nobels ... so we could clobber Ashton with one.

Victims

Oprah Blames You For Her OWN Woes

Oprah made mistakes in launching her OWN network, she told the "Early Show" Monday. "The idea of creating a network was something that I wanted to do. Had I known that it was this difficult, I might have done something else," she said. "If I were writing a book about it, I could call it '101 Mistakes.'" (EXPRESS)



MATTHEW STOCKMAN/GETTY IMAGES

Once love wears off: "You smell like yoga mats." "You have a mullet."

CELEBRITY MALES IN THEIR 50S

Mazel Tov, Alec

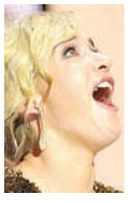
Alec Baldwin is giving marriage another shot. The actor popped the question over the weekend to his 28-year-old yoga instructor girlfriend, Hilaria Thomas. They began dating last year. His publicist, Matthew Hiltzik, made the engagement announcement over Twitter. Baldwin turns 54 on Tuesday and an engagement, says Hiltzik, is a "great way to celebrate!" Baldwin was previously married to Kim Basinger. They have a daughter. (AP)

CELEBRITY MALES IN THEIR 50S

What Have YOU Done Lately, Kevin Costner?

Bruce Willis is a father again. The 57-year-old actor's wife, designer-model Emma Heming Willis, gave birth Sunday in Los Angeles to a baby girl. Mabel Ray Willis weighed 9 pounds and 1 ounce. Willis' publicist said the couple are "overjoyed," and both mom and baby are "healthy and doing beautifully." (AP)

"We do look very different. We were 21 and 22 when we made that film. You know, he's fatter now — I'm thinner."



—**KATE WINSLET** REFLECTS ON HOW THE YEARS HAVE CHANGED HER AND "TITANIC" CO-STAR LEONARDO DICAPRIO. SHE WAS SPEAKING TO BRITISH TV SHOW "DAYBREAK."

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Look for site highlights in today's Express.

XX172 5x3

COMPLETED DESIGN OF 428 NEW 7000 SERIES RAILCARS • OPENED NEW RAIL OPERATIONS CONTROL CENTER • INSTALLED NEW CONCRETE PAVERS AT SHADY GROVE AND ROCKVILLE • REPAIRED PLATFORM EDGES AT TWINBROOK AND WHITE FLINT • **IMPROVED THE LIGHTING AT SEVERAL STATIONS INCLUDING CLARENDON, ROSSLYN, WOODLEY PARK, MEDICAL CENTER, FEDERAL CENTER SW AND CAPITOL SOUTH** • INSTALLED NEW FIBER OPTIC CABLE FOR IMPROVED CELL PHONE COVERAGE • SERVICED TUNNEL FANS • IMPROVED THE VENTILATION AT FARRAGUT NORTH, JUDICIARY SQUARE AND UNION STATION • REPLACED WORN RAIL FASTENERS • REHABBED ESCALATORS AT FARRAGUT NORTH, DUPONT CIRCLE, JUDICIARY SQUARE, WHEATON AND FEDERAL CENTER SW • REMOVED GRAFFITI • **INSTALLED 36 NTSB-RECOMMENDED MAINLINE NO. 8 SWITCHES** • TUNNEL LEAKS ON THE RED LINE •REHABILITATED THE ESCALATORS AT METRO CENTER AND ACE • LAUNCHED NEW METROALERTS SYSTEM FOR BUS & RAIL • NEW PARKING GARAGE AT RHODE ISLAND AVE • **INSTALLED 3 NEW ESCALATORS AT FOGGY BOTTOM** • REPLACED SIGNAGE • REPAIRED CONCRETE SLABS BENEATH THE RAILS • YELLOW LINE BRIDGE INSPE REPAIR • REPLACED WORN WOODEN RAIL TIES •RENEWAL OF THIRD-RAIL INSULATORS • HE ESCALATORS AT JUDICIARY SQUARE •INSTALLED FIFTEEN MILES OF NEW RUNNING R REPAIRED FLASHING PLATFORM LIGHTS AT MULTIPLE STATIONS •UPGRADED THE CLOSED SYSTEMS AND PUBLIC ADDRESS SYSTEMS AT RHODE ISLAND AVE. AND UNION STATION • & AIR CONDITIONING AT UNION STATION • NEW UNINTERRUPTED POWER SYSTEMS AT D AVE. AND UNION STATION TRACTION POWER SUBSTATIONS • INSTALLATION OF NEW RHODE ISLAND AVE • **ONGOING REPLACEMENT OF TRACK CIRCUITS ON THE RED LIN** NSTALLED NEW ADA BUMPY TILES AT TENLEYTOWN AND DUPONT CIRCLE STATIONS • R BRIDGE STRUCTURE REPAIR AT CHEVERLY STATION • INSTALLATION OF NEW SWITCHES ND SIGNALS FOR THE SILVER LINE (DULLES EXTENSION) • IMPROVED CUSTOMER ACCESS VIENNA STATION • **REHABBED ESCALATORS AT UNION STATION, FRANCONIA-SP VIRGINIA SQUARE ARLINGTON CEMETERY** • OPENED NEW BUS GARAGE CAN NCE AT NORTHERN BUS GARAGES • LAUNCHED NEW SMARTRIP® ONL HASE • LAUNCHED **INTRODUCED FARRAGUT CROSSING** • R PIERS AT RHODE REAL-TIME ONLINE PARKING AVAIL T. TOTTEN STATION D SYSTEMS AT WOODLEY PARK, FE NTER SW, CAPITAL RYSTAL CITY AND KING STREET • CLE RAINAGE SYSTEMS

Ready for a break from Weekend Track Work?

Since last fall, Metro has performed much-needed track work almost every weekend. Our work has been matched by your patience, and we thank you. While there's more work to be done, it's time to take a four-week break so that you can experience springtime in our nation's capital. Enjoy the sights, the weather and your ride on a safer, more reliable Metro. For more information about the work we've done and will do, visit MetroForward.com or call 202-637-7000. And remember, the work we're doing is all part of Metro's commitment to building a better ride for you.

metro forward
a better ride for you